



PURSuing ALTERNATIVE CHOICES THROUGH KNOWLEDGE (P.A.C.K.)

SPONSORED BY THE UNITED WAY THROUGH THE
HELEN FARABEE SUBSTANCE ABUSE PROGRAM



Helen Farabee
CENTERS
— a commitment to caring —

LIVE UNITED



United Way




PURSUING ALTERNATIVE CHOICES THROUGH KNOWLEDGE (P.A.C.K.)

Helen Farabee's Pursuing Alternative Choices through Knowledge program currently provides mentorship to both Wichita Falls and Hirschi high school students. P.A.C.K. delivers services that address the core concerns and issues that affect each student academically, personally/socially and their careers futuristically.



PURSUING ALTERNATIVE CHOICES THROUGH KNOWLEDGE (P.A.C.K.)

Through the assistance of the Helen Farabee's staff and the P.A.C.K. Mentor (PM), students will gain the knowledge and abilities they need to make better decisions, possibly enter the next grade, and possibly graduate on time! Choices that will benefit them, their families and our community.





PACK LEADERSHIP



DIRECTOR OF SUBSTANCE ABUSE SERVICES

Brad Fisk

Director of Substance Abuse Services

(940) 397-3379


fiskb@helenfarabee.org



**PACK MENTOR,
SUBSTANCE ABUSE
PROGRAM
SERVICES**

HELEN FARABEE'S PACK PROGRAM SPONSORED BY UNITED WAY

Helen Farabee Center's representative works closely with both **WFHS**, **HHS** and recently **Denver Alternative Center (DAC)** staff, Judge Mike Little's Truancy Court, and Communities In Schools through the PACK Mentoring & Counseling Program.




HELEN FARABEE'S PACK PROGRAM

SPONSORED BY UNITED WAY


Helen Farabee through the PACK program and in collaboration with other agencies provides behavioral health care sessions that are conducted with individual clients or in group settings.

PACK sessions are conducted at the following sites WFHS, HHS and Denver Alternative Center on a weekly basis; on days and times that have been identified as the most beneficial for the student(s).

PACK PROGRAM BENEFITS & SERVICES

- MENTORSHIP FOR ACADEMIC, PERSONAL/SOCIAL AND CAREER DECISIONS
 - PRODUCE CRITICAL THINKING AND COPING SKILLS
 - ANGER & STRESS MANAGEMENT
 - INCREASED SCHOOL ATTENDANCE
 - DECREASE TARDINESS AND UNEXCUSED ABSENCES
 - DECREASE STUDENT SUBSTANCE ABUSE USAGE
 - INCREASED SCHOOL GRADUATES
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LIFE SKILLS

- LIFE SKILLS PRESENTATIONS WHICH INCLUDES ANGER & STRESS MANAGEMENT AND COMMUNICATION SKILLS.
 - PROBLEM SOLVING SKILLS
 - SUBSTANCE ABUSE EDUCATION
 - SKILLS THAT SUPPORT POSITIVE ACADEMIA
 - RELATIONSHIP SKILLS
 - SOCIAL SKILLS
- 

UNITED WAY CAMPAIGN



**AT PACK
WE SMILE**


SUGGEST AND SUPPORT
MENTOR AND MOTIVATE
INFORM AND INSPIRE
LISTEN

EDUCATE, ENCOURAGE AND ENERGIZE BOTH
STUDENTS AND STAFF HELPING THEM ACHIEVE
ACADEMIC, PERSONAL/SOCIAL AND
PROFESSIONAL SUCCESS!




PACK MENTOR ROLE

The role of the PM is to provide and or present students with both qualitative and quantitative information. The PACK mentor should suggest and or support the decisions of the client. Next, motivate students to strive for their best! Further, inform and or inspire students to utilize their resources and the new gain knowledge to make better choices and or decisions. Additionally, listen for what they are doing that is right, so as to bolster their esteem and courage towards positive behaviors and actions. Lastly, provide emotional support and encourage them in their desire to be successful academically, personally and socially. SMILE!



PACK MENTOR (PM) & PARTICIPANT RESPONSIBILITIES

The responsibility of the PM is not only to ensure that students receive information that will support and encourage them to make better decisions, but that they direct each student to register and complete all of the necessary forms required to be considered an active participant of the PACK program. Thus, meeting the requirements and expectations of the PACK, school, state and juvenile court programs.



CLOSING REMARKS

The PACK program encourages mindful, consistent and timely academic performance that is focused on immediate and long term goals, which help ease student/client stress.

Healthy concepts of self and others that help reduce mental and physical barriers without which decrease motivation, destabilize life situations, and complicates academic and or personal/social engagement.



PACK SERVICE DAYS AND OFFICE HOURS

HIRSCHI: MONDAY, WEDNESDAY & FRIDAY
SERVICE HOURS: 9-230

WICHITA FALLS HIGH SCHOOL: TUESDAY & THURSDAY
SERVICE HOURS: 9-230

DENVER ALTERNATVIE CENTER: THURSDAY 1:30-2:30

PROGRAM TERM: AUG – 31 MAR 2019



PACK MANTRA

**STUDENTS
NEEDS COME
FIRST!**

